

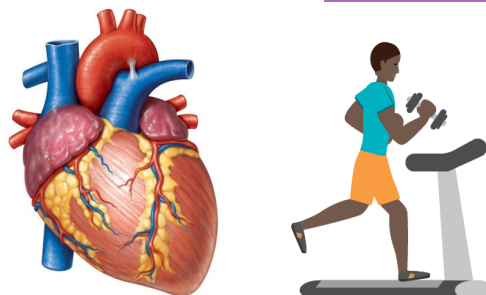


Vocabulary I need to know

Heart	An organ in the body that pumps blood around the body
Pulse	Your <i>heart rate</i> , or the number of times your heart beats in one minute
Blood	A liquid that is pumped around the body that carries nutrients and other materials.
Blood vessels	Tubes in the body that transports blood
Oxygen	The gas in the air that is needed for respiration
Muscles	Soft organs that contract and relax to cause movement
Lungs	Organs that allow the exchange of air inside the body
Drugs	Substances that affect the body
Diet	Foods that we eat and drink
Exercise	<i>Exercise</i> involves physical activity, exerting the body with movement, and increasing the heart rate
Vein	A blood vessel carrying blood back to the heart
Artery	A blood vessel carrying blood away from the heart.

Things I already know before I start the journey

- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.
- Describe the simple functions of the basic parts of the digestive system in humans.
- Identify the different types of teeth in humans and their simple functions.



Things I need to know by the end of the journey

The heart pumps blood in the blood vessels around to the lungs. Oxygen goes into the blood and carbon dioxide is removed. The blood goes back to the heart and is then pumped around the body. Nutrients, water and oxygen are transported in the blood to the muscles and other parts of the body where they are needed. As they are used, they produce carbon dioxide and other waste products. Carbon dioxide is carried by the blood back to the heart and then the cycle starts again as it is transported back to the lungs to be removed from the body. This is the human circulatory system.

Diet, exercise, drugs and lifestyle have an impact on the way our bodies function. They can affect how well our heart and lungs work, how likely we are to suffer from conditions such as diabetes, how clearly we think, and generally how fit and well we feel. Some conditions are caused by deficiencies in our diet e.g. lack of vitamins.

LO: To know how the human circulatory system works

LO: To know the function of the heart

LO: To know what affects heart rate
LO: To know how to carry out investigations into heart rate

LO: To know the positive and negative effects of drugs and lifestyle on the body.

LO: To know the positive and negative effects of diet and exercise on the body.

LO: To use their subject knowledge to present information

Learn about the organs and their roles.

Create a role play model for the circulatory system.

Find our own pulse. Where is best to find a pulse—what is our pulse rate per minute.

Investigate effect of different activities on my pulse rate. The effect that exercise has on our breathing.
Explore recovery rate for different groups of people.

Explore how smoking is so bad for health and effects it can have. Create a graph from given data

The importance of diet.

Create a health leaflet describing impact of drugs and lifestyle on the body